



## ENVIRONMENTAL TOBACCO SMOKE

Environmental tobacco smoke (ETS), or secondhand smoke, is a mixture of sidestream smoke and exhaled smoke in the air. ETS has been shown to cause heart disease, cancer, respiratory problems and eye and nasal irritation. Exposure to ETS takes place in the home, public places, worksites and vehicles.

ETS is classified as a Group A carcinogen (cancer causing agent) under the Environmental Protection Agency's (EPA) carcinogen assessment guidelines. ETS contains over 4,000 compounds, more than 50 carcinogens and other irritants and toxins including the following<sup>1</sup>:

Ammonia
<b>Formaldehyde</b>
Carbon monoxide
Nicotine
Toluene
Hydrogen cyanide
<b>Arsenic</b>
<b>Benzene</b>
DDT/Dieldrin
Vinyl chloride
<b>Methane</b>
Cadmium
Polonium-210

Exposure to ETS is one of the leading causes of preventable death. Each year in the United States, an estimated **53,000 deaths** are attributable to secondhand smoke breathed by nonsmokers<sup>2</sup>. Of these deaths, 3,000 are due to lung cancer each year with an estimated 800 from exposure at home and 2,200 from exposure in work or social settings<sup>3</sup>.

**Each year 1,000-1,500 Hoosiers die  
from others' smoking**  
(ETS exposure or smoking during pregnancy\*)

\*<http://tobaccofreekids.org/reports/settlements/TobaccoToll.php3?StateID=IN>

<sup>1</sup> U.S. Environmental Protection Agency(1989). Indoor Air Facts: Environmental Tobacco Smoke; Centers for Disease Control and Prevention.

<sup>2</sup> Glantz et al.(1995). Journal of American Medicine, 273, 13: 1047-1053.

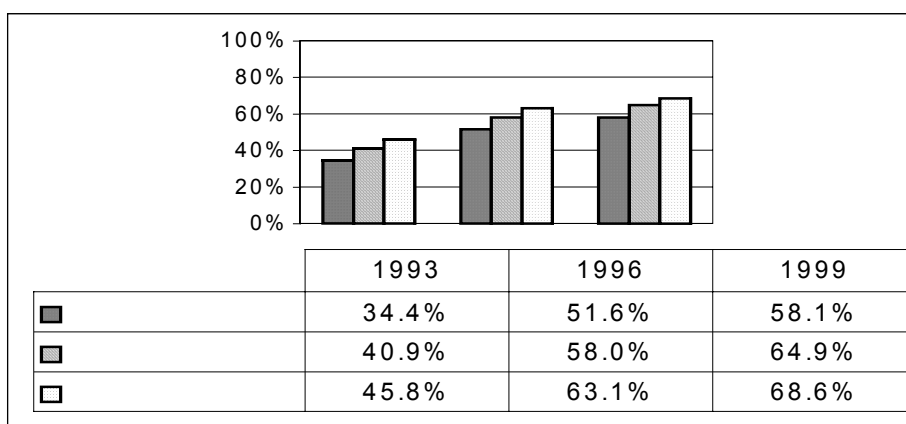
<sup>3</sup> CRS Report for Congress, Environmental Tobacco Smoke and Lung Cancer Risk; EPA (1994). Secondhandsmoke-Setting the Record Straight.

Smoke free environments are the most effective method to fighting exposure to ETS. Healthy People 2010 objectives address this issue by seeking protection for nonsmokers through policies requiring smoke free schools, worksites and public places.

In the United States, from 1993 to 1999, there has been a relative increase of nearly 50% in the proportion of the total U.S. indoor workforce working under a smoke-free policy. In 1999, **Indiana ranked 49<sup>th</sup>** in the nation with 58% of workers whose employer had an **official workplace policy** restricting smoking<sup>4</sup>.

### **Prevalence of Smoke-free Worksite Policy Coverage, 1993-1999 Indiana vs. Midwest vs. U.S.**

Nationally, 68.6% of the U.S. workforce worked under a smoke-free policy in 1999, compared to Indiana with only 58.1%. The Midwest Region overall is also lagging behind the rest of the country with smoke free worksite policies.



Other data from select states, including Indiana (19 states and D.C.) indicate<sup>5</sup>:

- Indoor workers reporting a no smoking policy ranged from 61% to 84% in these states while **64% of Indiana's workforce** reported a no smoking policy. Only slightly more Hoosiers believed that workplaces should have such a policy (69%).
- **65% of Hoosiers** reported having a no smoking policy in their home, ranking low compared to other states as up to 79% of their residents supported no smoking in the home.
- Hoosiers supporting **no smoking in restaurants** was low (52%) compared to the other states.

**For more information about ETS and its harmful effects  
check out these websites:**

<http://tobaccofreekids.org/research/factsheets>  
<http://www.no-smoke.org/second.html>  
<http://www.ama-assn.org/ama/pub/category/5120.html>

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<sup>4</sup> State-specific trends in smoke-free workplace policy coverage. The Current Population Survey Tobacco Use Supplement, 1993 to 1999, National Cancer Institute.

<sup>5</sup> State-specific prevalence of current cigarette smoking among adults, and policies and attitudes about secondhand smoke-United States, 2000; MMWR, Vol. 50, No. 49